

Community Wellness Forum California Tribal/Urban Indian Health Care Conference

Date: May 25th-27th
Location: Embassy Suites
Monterey, CA



**Integrating “Promising Practices” in health promotion,
disease prevention, chronic disease and behavioral health.**

Enhance and strengthen local efforts focused
in the areas of prevention.

This forum is designed to provide education and networking opportunities among Tribal/Urban healthcare programs. The focus is the local community, promoting what works and sharing your success with others. Come expecting to build partnerships, gain knowledge and re-energize yourself in promoting community based health and wellness.



Conference sponsored by the California Rural Indian Health Board,
and the California Area Indian Health Service



Hotel Accommodations & Registration Information

Embassy Suites Monterey Bay - Seaside is scenically located just two blocks from the beachfront in stunning Seaside, California. Discover nearby Seaside attractions such as:

- Monterey Bay Aquarium
- Maritime Museum of Monterey
- Monterey's Fisherman's Wharf

Each hotel suite offers in-room amenities:

- Microwave, refrigerator and coffee maker
- High-speed wireless Internet access
- Two remote control televisions
- Complimentary parking
- Hotel pool, whirlpool and sauna
- Complimentary local area transportation
- In-hotel State-of-the-Art fitness center

Embassy Suites Monterey Bay - Seaside
1441 Canyon Del Rey, Seaside, California, 93955
Tel: 1-831-393-1115 Fax: 1-831-899-1928

Registration - Registration is free and scholarships are available on a limited basis for lodging. If you are requesting a lodging scholarship, please fax or mail your registration form and room request to CRIHB by **April 30, 2010**. In order to be able to offer more lodging scholarships we are requesting attendees to double up whenever possible (these are two room suites).

If you are not requesting a scholarship, reservations need to be made under the “CRIHB Wellness Conference” by May 10th to get the conference rate of \$140/night. Please contact the hotel directly to reserve a room.

If you need to cancel a room reservation please notify CRIHB 72 hours in advance of the conference to avoid a room charge.

Registration Form Please return one form per participant by April 30, 2010

NAME: _____

TITLE: _____

ORGANIZATION: _____

ADDRESS: _____

CITY: _____

STATE: _____ **ZIP:** _____

PHONE: _____

FAX: _____

EMAIL : _____

LICENSE NUMBER (for professional CEU credit): _____

I will share a room with: _____

If you require a lodging scholarship please check the dates you will need a room:

May 25 ☐ **May 26** ☐ **May 27** ☐

Do not need a scholarship and will be making my own room reservations ☐

Please mail or fax this completed form to:
California Rural Indian Health Board
4400 Auburn Blvd., Floor 2
Sacramento, CA 95841
(916) 929-9761 Fax (916) 929-7246
Attn: Satoka Barnett



Tuesday, May 25th Public Health Nurses Break Out

1:00-1:15	Registration
1:15-2:00	PHN Update, Cheryl Peterson
2:00-3:30	TBA
3:30-4:30	Domestic Violence & Women's Health, Carolyn Aoyana (joint session)
4:30-5:00	Public Health Collaboration & Networking

Tuesday, May 25th Nutrition Break Out

1:00-1:15	Registration
1:15-2:30	Making Your Clinic Breastfeeding Friendly, Breastfeeding Peer Counselor Program Lynn Parker, RD
2:30- 3:30	MNT and Billing issues Merin McCabe-Black American Indian Health & Services
3:30- 4:00	Boxing for Physical Fitness, Erika Ireland, RD
4:00-5:00	NCCIC Business Meeting/Sharing Session

Tuesday, May 25th CHR's & Health Educators Break Out

1:00-1:15	Registration
1:15-2:00	CHR Update, Cathy Stueckemann
2:00-3:30	Foot Care, Dr. Kendall Shumway, Riverside/San Bernardino County Indian Health
3:30- 4:30	Domestic Violence & Women's Health Carolyn Aoyana (joint session)
4:30-5:00	Program Sharing Session

Intended Audience: This health and wellness forum and training has been made open to all California Tribal/Urban Public Health Nurses, Clinic Nurses, Diabetes Co-ordinators, Dietitians, Nutritionists, Outreach Workers, Community Health Representatives, Health Promotion Specialists, Fitness Specialists, Tobacco Cessation Program Coordinators, Substance Abuse Coordinators, Behavioral Health Specialists and others interested in integrating "Promising Practices" in health promotion, disease prevention, chronic disease and behavioral health.

Wednesday, May 26th Joint Meeting Agenda

7:30- 8:00
Registration

8:00-8:30
Traditional Blessing-
Key Note Speaker, Historic and Childhood Trauma: the
impact on prevention and health education
Barbara Aragon, MSW

8:30-9:45
Emergency Preparedness: Assessing and Building
Cultural and Tribal Capacity for Disaster Response,
Barbara Aragon, MSW

9:45-10:00
Break

10:00-11:45
Intergrating Behavioral Health and Primary Care
Leon Altamirano, Psy.D.
Dream Weaver Consortium Indian Health Council/
Southern Indian Health Council

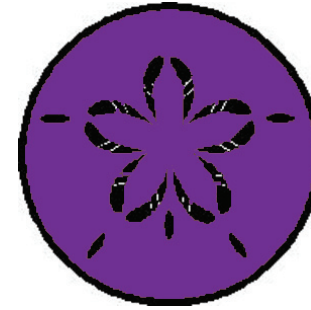
11:45-1:15
Lunch on your own

1:15-2:45
Breastfeeding, An Investment in Our Future
Roseanne Gephart, Director of Womens Health and
Birth Center
Panel Presentation

2:45-3:45
Elder Falls
Delight Satter, UCLA
Panel Presentation

3:45- 4:00 Break

4:00-5:15 Program Updates
Injury Prevention, Karen Santana & Barbara Hart
Ask, Advise, Refer – Show That You Care,
Liz Lara-O'Rourke, United Indian Health Services
TEPTS Program & Minigrant Updates,
Kathalena Avendano, CRIHB
Flu Vaccination Campaign Overview, CRIHB staff



Thursday, May 27th Joint Meeting Agenda

6:30 – 7:30
Just Move It Walk (Optional)

8:00- 9:00
Improving Wellness through Community Gardening
Stefan Stehling, Sonoma County Indian Health Project
Alisha Acker, Lake County Indian Health

9:00-10:00
Physical Activity Tool Kit
Beverly Calderon, CAO, IHS
Ramin Naderi
Indian Health Center of Santa Clara Valley Inc.

10:00-11:00
The IHS National HIV Universal Screening Initiative
Sheila Fitzgibbins, UC Irvine

11:00-12:00
AI Youth Development, Panel Presentation

12:00
Closing Remarks
California Rural Indian Health Board
California Area Indian Health Service
Adjourn

Continuing Education:

10 Continuing Education Units are available for all
eligible participants for this conference.
Provider approved by the California Board of
Registered Nurses, Provider Number 11712
Provider approved by CAADAC, Provider Number 5-03-035-1007

Participants Can Expect to Learn:

- *Drug & alcohol prevention interventions in your community
- *How to work with women in distress
- *Updates on HIV/AIDS CDC testing guidelines
- *How national Public Health Nursing, Community Health Representative, Nutrition and Fitness efforts can support local initiatives
- *How & why breastfeeding should be promoted in Indian Communities
- *How integrating Behavioral Health and Primary Care improved patient care
- *Updates on Elder Falls, to include community initiatives
- *How community gardens are improving community wellness
- *What youth development brings to community wellness